



Northeast Pool Schedule

402-434-9262
Effective August 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES
5:00 AM	Water Fit Combo 5:30-6:15 Lap Swim	Adult Water Walking/Fitness 5:30-7am Lap Swim	Water Fit Combo 5:30-6:15 Lap Swim	Adult Water Walking/Fitness 5:30-7am Lap Swim	Water Fit Combo 5:30-6:15 Lap Swim	CLOSED	CLOSED
6:00 AM							
7:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
8:00 AM	Water Fit Combo 8:15-9:00	Adult Water Walking/	Water Fit Combo 8:15-9:00	Adult Water Walking/Fitness	Water Fit Combo 8:15-9:00		
9:00 AM	Lap Swim		Lap Swim		Lap Swim	Swim Lessons 9-11:30am	Lap Swim
10:00 AM	Rec Swim 10-11	Rec Swim 10-11	Rec Swim 10-11	Rec Swim 10-11	Rec Swim 10-11		Adult Water Walking/Fitness
11:00 AM	Adult Water Walking/Fitness		Aqua Arthritis 11-11:30		Aqua Arthritis 11-11:30		
Noon	Rec Swim 12-1		Rec Swim 12-1		Rec Swim 12-1		Rec Swim 12-2:00
1:00 PM	Fit For Life 1-1:45 Lap Swim	Fit For Life 1-1:45 Lap Swim	Adult Water Walking/Fitness Lap Swim	Fit For Life 1-1:45 Lap Swim	Adult Water Walking/Fitness Lap Swim	Rec Swim 11:45-4:30 Lap Swim	Swim Lessons 2-3
2:00 PM	Rec Swim 2-3:30	Rec Swim 2-4:30	Rec Swim 2-3:30	Rec Swim 2-4:30	Rec Swim 2-3:30		Water Fit Combo 3:30-4:15
3:00 PM					Lap Swim		
4:00 PM	Swim Team 3:45-5:15		Swim Team 3:45-5:15		Swim Team 3:45-5:15	Lap Swim	Lap Swim
5:00 PM		Swim Lessons 5:00-6:40		Swim Lessons 5:00-6:40			
6:00 PM	Water Fit Combo 5:30-6:15 Rec Swim Lap Swim	Swim Team 6:45-8	Water Fit Combo 5:30-6:15 Rec Swim Lap Swim	Swim Team 6:45-8	Rec Swim 5:30-8:15 Lap Swim	Pool Closed @ 5:30	Pool Closed @ 5:30
7:00 PM							
8:00 PM		Lap Swim		Lap Swim			

LAP LANE AVAILABILITY REPRESENTED IN WHITE

Schedule is subjected to change. Programs run during specific dates.

Indoor Pool Guidelines- [Click Here](#) Youth Policy- [Click Here](#)

Swim Lessons Sessions—The pool will be available only to swim lesson participants during this time.

September 12-October 16 & October 17-November 20

Swim Team August 29th—April -The pool will be available only to swim team participants during this time.

Boga Work Shops— TBA Space will be limited in the pool during this time. Occupies 3 Lanes.

Lifeguard Class- August 27/28 Saturdays in the pool 8-5 and Sundays 8-2

- Members must be at least 18 years old or older to use the pool during adult water walking/fitness.
- Members of all ages welcome during recreational swim times.

WHAT TO BRING— TOWEL, PAD LOCK, Goggles, Toys. The Y will not have extras to check out at this time.